



Ghana

Immersion Experience

Guide - 2024



Miawoe ɛɔ!

(Everyone is welcome!)

Experience Ghanaian
warmth
and hospitality

Welcome to an AMAZING opportunity to learn about Ghana in the friendly, generous community of Ho, Volta Region, by participating in the Ghana Immersion Experience Abroad. You will be traveling with Ghana Beyond Subsistence (GBS), an NGO supported by a community of people eager for a challenging, intensive, and meaningful immersion experience. [Ghana Beyond Subsistence](#) is a registered non-governmental organization that promotes rural development, agricultural innovation, educational advancement, and international relationships. GBS seeks to respect and honor the people, values, traditions, and languages of Ghana's Volta Region.

In Ghana, we will:

- ☑ Participate in an INTENSIVE COURSE in Ghanaian life and culture, first-hand, by doing, learning the rhythm of the culture and underpinnings such as the arts, storytelling, and traditional wisdom.
- ☑ Stay in a one-star hotel with a 5-star staff.
- ☑ Collaborate to extend our network of friendships and relationships, including partnerships with Ghanaian farmers and teachers.
- ☑ Work with professionals in development, education, and agriculture.
- ☑ Experience both formal and Informal **education!**
- ☑ Contribute where we can, and enjoy a very satisfying adventure!

Some of our projects for 2024 include:

1. Planning and implementing a workshop for Ghanaian Junior High School teachers in collaboration with the Ghana Educational Services
2. Make school visits with US teachers pairing up to visit 8 schools multiple times to work in project-based learning bolstered by GBS's new internet connectivity project.
3. Work with Microloan and savings farmers, including meetings with farmer groups to evaluate the herd health project, planning our Agricultural Maker Space in Kpenoe for 4 neighboring communities, and adding to our agricultural tourism trail. Our goal is to work together to improve local economies.
4. Collaborating to understand and add value to community health projects in small towns.
5. We are initiating projects in women's health and community mental health and providing girls' sanitary supplies to increase school attendance.

Cultural Immersion: Integrating oneself into another culture, interacting with locals, seeking to understand the way they live.

Travel Costs

Traveling within Ghana is very reasonable as one can see from the GBS program fee. However, airlines charge high prices for flying to Africa. To offset the cost of teacher-traveler in country expenses and room and board, GBS raises funds from our supporters to offset these costs for schoolteachers and administrators.

Individual travelers are responsible for airfare, pre-travel immunizations, passport and visa—plus GBS Program fees of approximately \$2500 (single occupancy) for in-country expenses. This includes room, board (breakfast, simple lunch, dinner), travel in country, speakers, artists' presentations, museum entrance fees, and emergency health insurance. Teachers and others who need assistance should apply for a travel grant that pays the in-country fee.

Passport	\$130
Visa	\$65
Airfare (Based upon seat selection)	\$2500+
Immunizations (pre-travel)	\$400
Spending Money	\$500
Room and Board for 2 weeks (based upon single occupancy)	\$700
In Country Transportation, fees, events, admissions, workshops, and emergency health insurance	\$1800

To pay for in-country expenses, send a check, money order, or cashier's check by **1 May** to:

Ghana Beyond Subsistence
1948 West Hutton Road
Wooster, Ohio, 44691

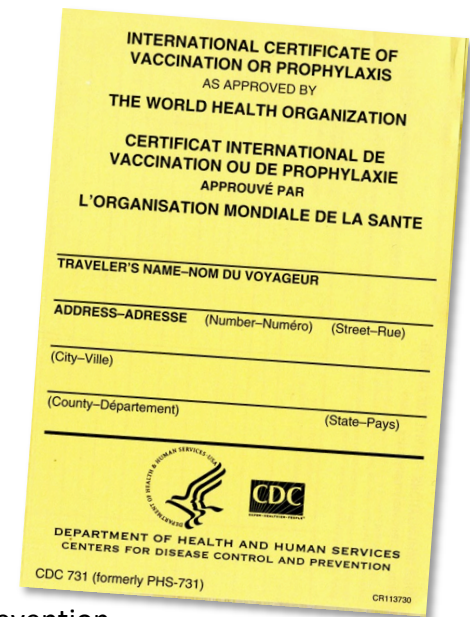
GBS also accepts Zelle. If you choose to pay via Zelle, send your payment to: drelder@ghanabeyondsubsistence.org with the subject heading, *Ghana Beyond Subsistence*.

If you have a sponsor, or, your place of employment would like to support your trip as a professional development opportunity, GBS can provide you with a W9 form, Professional Development paperwork, and a balance of the deposit for the program. Please email ncrook@ghanabeyondsubsistence.org for this request. Your funder can utilize the same methods to submit payment on your behalf.

Vaccine Immunizations

Proof of vaccinations is required as part of the entry process into Ghana. All travelers should bring proof of the following vaccinations with you on the trip. After receiving the Yellow Fever shot, you will be provided with a Yellow Fever Card, so bring this card and your Covid-19 vaccination records and/or card. Required immunizations will cost roughly \$400. Immunizations can be free or expensive depending on your county health department.

Covid-19 Vaccinations	(may be optional)
Hep A/B 3-shot series	(Start series 2 months prior to departure)
Yellow Fever	(time sensitive and need to be taken at least 2 weeks prior to travel) Bring your card to the airport
Typhoid	(need to be taken at least 2 weeks prior to travel)
Meningitis	
Polio & Tetanus updates	



You will also want to obtain a prescription for **Cipro** for travelers diarrhea and **Malarone or Doxycycline** for malaria prevention.



Required Travel Documents

Passport: Your passport needs to be valid for a minimum of 6 months beyond the date of entry into Ghana or you will have to get an update.

Visa Application: We will alert you to begin the Visa application 90 days prior to travel. The cost for a single visa is \$65. It takes 15 business days to process, and the shipping cost is around \$30 with USPS/FedEx. However, if you need to expedite your Visa it will cost \$105 plus the cost of shipping via USPS/FedEx. Takes 5 business days to process. If you think you will travel to Ghana a second time, you might consider getting a 5-year visa which costs \$105. Start the visa process here: [Travel Visa for Ghana](#)

These are the items travelers will need when completing the Visa application. Items in red will need to be completed **PRIOR** beginning the application process:

One Passport Size Photo In addition, to your passport, you will need a recent photo of yourself to include within the visa application. You will need to scan or a digital photo of the hard copy photo to upload when prompted during the application. *In addition, you will also send a hard copy of this photo in your Visa packet as well.*

COVID Card If you have not received your Covid-19 shots you will need to do so and provide proof with the vaccine card or provide another official record. Take a digital photo of the card so that you can upload it when prompted. *You will also send the hard copy in your Visa packet as well.*

Passport You will need a digital photo of your passport to input in the application when prompted. *You will also send your actual passport with your packet to Ghana's Embassy in DC. They will attach your Ghana Visa in your passport.*

Flight Details & Travel Itinerary Find your airline ticket number. Take a photo of your travel itinerary. Be ready to enter the ticket number and upload the itinerary when prompted. *Check your email for this information.*



Host Information: We want to introduce you to Dickson Asase, GBS consultant and our program facilitator in Ghana since 2018. Dickson has collaborated with the GBS leaders in other capacities since 2003. Through the years, he has become our best friend and answer man in Ghana. You are always welcome to ask him questions about Ghanaian culture and life. He also wants to get to know you, too.

For your visa, add Dickson Asase's passport information and an Invitation Letter from Ho Farms. *Please check your email for these documents to submit with your Visa packet.*

Purpose of Travel: Tourism

Reference Information:

Address 1: Hotel

Vivian Adalevo, Kekeli Hotel
Ho Kpodzi, Volta Region
Address: JF3F+3GH
233 36 202 6670
epkeli@yahoo.com



Address 2: Local Host

Dickson Asase, Ho Farms, Ho, VR
233 24 360 2244
dixasase@gmail.com

Print and include the Visa form in your packet with all the other required materials. Before shipping materials to the Ghana Embassy in Washington D.C. it is highly recommended that you make copies, scans, or photographs of your Visa materials for your personal records. Affix Embassy of Ghana address label and send by registered mail through USPS or FedEx.

Health Insurance: You need to bring your personal insurance card. There is a health clinic on the hotel grounds staffed by a doctor and a nurse. And there is an excellent hospital a 5-minute drive away.

Traveler's Insurance: You will receive confirmation of a policy covering you in the unlikely event you need significant help on our upcoming trip to Ghana. This coverage is **ALREADY PAID** by the program fees you have/are sending for the trip.



Accommodations

Except for one weekend in Cape Coast, we stay at [Kekeli Hotel](#) in Ho, Volta Region, located on the grounds of the Evangelical Presbyterian (EP) Church compound. *Kekeli*, in the local Ewe language, means “light or bright.” The compound offers round-the-clock security, a medical clinic, and a restaurant serving traditional and contemporary Ghanaian cuisine. We tend to order our meals family-style. But please let us know if you have special food needs, e.g. vegetarianism or food allergies. Laundry services are available. It cost is roughly \$5 a load. You can drop off your laundry at the front desk in the morning, and it will usually be returned to you by the afternoon. Rain can delay this!

The rooms are at the level of a college dorm room in terms of quality, but they are clean and comfortable. You have the option to have your room cleaned daily and to do so you simply leave your key at the front desk each morning. You can pick up the key whenever you would like access to your room. Each single- and double-occupancy room includes air conditioning, a refrigerator and an ensuite bathroom. Keep all open foodstuffs in the refrigerator to avoid an unpleasant ant infestation. Ghana, like most of the world, is on 220 volts of electricity, so come prepared with adapters for your personal devices.



Each individual has a room to themselves unless traveling as a couple or by request. There is WI-FI, but it is fickle, so travelers recommend the use of data for the best service. For that you'll need SIM cards and Traveler Passes for your service provider. Typically, individuals use their phones as a hotspot for their laptop devices if they need to use them online.



Packing Suggestions

- ❑ Spending money. Travelers tell us that they need \$250-\$500. We recommend traveling with \$100 or \$50 bills. \$20 bills are difficult to exchange and get a lower exchange rate. Make sure you have new bills with the large presidents' head. You can exchange money at the airport in Accra, at Forex in Ho. You can also use a Visa debit card at Stanbic Bank in Ho.
- ❑ Take digital photos of your passport and Visa just in case it gets misplaced.
- ❑ You are allowed two suitcases that **CANNOT** exceed 50 pounds each, plus one carryon that fits in the overhead bin, and another smaller personal item such as a backpack or purse that fits under your seat by your feet. If you use a CPAP machine or other medical devices, you can bring it for free in addition to your carry-on bag allowance.
- ❑ Bring all your medications in your carry-on luggage.
- ❑ If you are taking Malarone for malaria prevention, you will take one pill beginning the day before we travel (**18 June**) and the travel day (**19 June**). You should have one pill for each day of our trip and seven more for the days following our return to the US. 26 pills total. The ones after are meant to kill any microfilaria in your bloodstream.
- ❑ Bring loose fitting clothes, comfortable walking shoes.
- ❑ Towel and face cloth. DE brings extra hand towels and leaves them in Ghana. The hotel provides hand towels, but nothing dries quickly due to the humidity.
- ❑ Soap and Shampoo, especially if you plan to go swimming. Folks of color explain that they don't wash their hair until Cape Coast, where the water pressure and duration of shower is better.
- ❑ Sunscreen, Bug repellent (25% DEET), Face/ hand wipes, shower shoes, swimsuit.
- ❑ Hiking clothes, boots, if you want to climb Mt. Adaklu.
- ❑ Travel Voltage Adapters
- ❑ Ziploc Bags. It's a good idea to pack all liquids in doubled Zip-Locs to avoid leakage in the suitcase.
- ❑ Snacks: peanuts, granola bars, peanut butter, fruit snacks, etc. whatever snack food that you like that travel well. Good for trips, good for lunch. We ask everyone to bring a jar of peanut butter to share in addition to one you might want for yourself.
- ❑ Compression socks. For folks over 50, consider purchasing and wearing compression socks on the flight.

What To Bring to Ghana

Sample Packing List:

	One CARRY-ON (Max. 20 pounds)		One SUITCASE (Max. 50 pounds)
	Passport, Visa, Yellow vaccination card		Extra room for books and other gifts?
	Malaria tablets & other prescription meds		3 more changes of clothes, underclothes, swimsuit
	2 changes of clothes, underclothes		Shower shoes/ flip flops
	Fanny pack/ backpack		Snacks: 2 PB (one to share, 1 for self), hot cocoa, granola bars, Cup of Soup
	Toothbrush, toothpaste		Hydrogen peroxide (to clean your toothbrush when you drop it)
	Pair of shorts/ t-shirt to wear in your room		Baby powder (if you chafe in heat)
	Hand sanitizer, small bottle to carry with you Purell wipes		Purell, refill
	Money, cash only, New \$100s best		Sunscreen, hat, sunglasses
	light jacket/ sweatshirt for plane		Calamine, Benadryl, hydrocortisone cream
	Soap, small shampoo, hygiene products		2 Bug spray (DEET, 25-27%, not higher/lower)
	Journal, pens		220 to 110 converter & adaptor for Africa
	Individual disinfectant wipes for air travel		Hand towel, washcloth
	Handkerchiefs (6)		Shoes/ sandals
	Lip balm		Rain jacket, poncho, umbrella
	Travel pillow		Optional: phone battery, camera batteries duct tape & WD-40
	Water bottle carrier		Small flashlight, Tide stick, Clorox wipes, Mesh bag for laundry

Tips/Suggestions while in Ghana

Bottled water. All your bottled water is provided through the in-country program fees. Use only bottled water to drink, to brush and rinse your teeth and to rinse contact lenses. Check that the bottled water is still pre-sealed, not tampered with.

Don't ingest tap water. It will likely make you sick if you ingest it as you are not used to the parasites in it. Our restaurant will provide hot water every morning for Tetley tea and Nescafe coffee, but staff will also make you hot water upon request. If they don't charge a fee, be sure to tip. If you like, bring herbal tea bags. Limited flavors are available in Ho.

Street food and bush meat. We don't eat street food or bush meat, which has kept us healthy! Eat at your own risk. In fact, we usually only eat at restaurants where we are confident they adhere to Western standards of preparation. Peel, cook, or don't eat.

Turn off A/C when not in your room. Kekeli Hotel isn't rich. We must be careful with their money. Don't leave the A/C on when leaving the room. It cools down fast when you return. There is a ceiling fan too if you prefer. Let the front desk know if your A/C isn't working.

Water heaters. To heat water for a shower, turn on your water heater for 15 min. Turn it off when you finish. If you leave it on, it can burn out and dump water throughout your room. It's happened before. Then no hot water and expensive repair.

Let the front desk know if the water is not working. They can pump it. If you are stuck without water, there is a large plastic drum full of clean tap water in your bathroom that you can use to rinse yourself or flush the toilet. If that drum is empty, ask the front desk to refill.

Watch where you walk. There are deep gutters, holes, and uneven pavement everywhere. The short steps keep heavy rainwater out of your room. Also, it's a good idea to keep items off the floor.

Food in rooms. All opened snacks should be stored in ziplocs or stored in your refrigerator. Don't eat in bed. You don't want to sleep with tiny ants.

Fresh bread is available at the bottom of the hill to the right across from the drinks-loading station. Plain, Sugar (yum), Chocolate (good too), and sometimes Whole Wheat.

Pharmacy. There is a well-stocked pharmacy within walking distance. A very nice pharmacist answers questions. If they don't have what you need, Dickson can take you to a bigger pharmacy.

Swimming. It's a good idea to wear a T-shirt over your swimsuit. The sun is direct and HOT! Like Florida on steroids!

WhatsApp. We use WhatsApp to communicate schedule changes and to share images, photos, and questions. Please download the free application.

Tentative Itinerary

18 June	Start taking Malarone	28 June	School Visits OR Community Health Program Visits OR Wegbe MLS Mosque visit (opt) Swimming Discussion: Trans-Atlantic Slavery Wisdom Bezdrah
19 June	Orientation in Airport	29 June	Tour Cape Coast Castle Discussion, Swim
Travel		30 June	Tour El Mina Castle
20 June	Arrive in Ghana. Travel to Ho (4 hours) Intro, Orientation, Q&A, Discussion	Market	Tour Nkrumah Museum in Accra
21 June	Visit Kpenoe JHS, walk the town Agritourism: Akpeteshie Camp Introduction to Ho, Shop for fabric Performance: Kekeli Cultural Group	1 July	Drum, Dance & Ewe Workshop: language, proverbs, and traditional wisdom Discussion: Rev. Ledo & Dickson- GH Changes (Traditional Leadership)
22 June	Education Workshop Meeting with 3-4 local teachers	2 July	School Visits OR Community Health Program Visits OR Adaklu-Waya Performance: Drum-Dance
Market Day	GBS Microloan and Savings (MLS) Project discussion Drum, Dance & Ewe Workshop Visit seamstresses and Tailors Dinner and Discussion: with Sariki and wife		
23 June	Religious services, Climb Adaklu (opt) Workshop: Traditional Beading with Rosemary & Teresa Education Workshop Meeting Community Entry Audience with Kpenoe Togbe/ leaders, explain our mission Storytelling Session: with Jude	3 July	Visit Sarakofe Primary School Workshop: Kente weaving in Agotime Discussion: Samuel Acquency, Farmers' Issues
24 June	Education Workshop with JHS teachers, 8 schools Workshop Review Performance: Drum-Dance	4 July	Ecotourism: Trip to Wli Falls OR School Visits
25 June	Agritourism: Ziavi - Cocoa and Coffee School visits Ziavi Meet Togbe Drum, Dance & Ewe Workshop: language, proverbs, and traditional wisdom Discussion: Sr. Lydia, Sr. Amelia, Women in GH	Market Day	Drum, Dance & Ewe Workshop: language, proverbs, and traditional wisdom Discussion: Rural Development, Togbe Dikro ck w/Dickson
26 June	School Visits OR Community Health Program Visits	5 July	School Visits OR Community Health Program Visits OR MLS Hodzo or Akoefe Pack, pickups, Swim? Final Performance: Kekeli Cultural Group
Market Day	Tour: Volta Regional Museum, Ho Dinner & Discussion: Islamic Women Professionals group, girls' issues in Ghana	6 July	Pickups, Other activity? 3PM Leave for airport
27 June	School visits OR Agricultural Maker Space ground-breaking & Adaklu-Have Drum, Dance & Ewe Workshop (wisdom) Discussion: Mosque Etiquette with Malik Performance: Drum-Dance	7 July	Arrive home Continue taking Malarone to complete entire course

Shopping and Services

KEKELI HOTEL (EP Compound)	Theresa and Rosemary	Krobo and other African beads, necklaces, bracelets
	Sedu	Wood carvings, Ghanaian art
	Ben	Kente fabric, personalized Kente weaving
	Front Desk	Laundry service, keys, plumbing issues, etc.
	EP Copy Center	Photocopying
	EP Health Clinic	Physician and nurse on staff
AROUND HO	Elegance Fashion (KK House)	Souvenirs, clothing, drums, curiosities, art
	Owune (GTP)	Ghanaian commercial print fabrics, made in Ho
	Anointed Vessel	Batik handmade fabrics, made on site
	Stadium Gate Market	Grocery store, home goods
	Melcom	Home and garden goods (African Wal-Mart)
	Valentine's Shop	Handmade African patchwork fabric bags
	KFC	Fried chicken
	White House	Drinking Spot (bar)
	5 Star Pub	Drinking Spot (bar)
	Big Boy's Club	Drinking Spot (bar)
	Stanbic	ATM (safe, easy, convenient) requires a Visa debit card
	Forex	Foreign currency exchange
	Market	Open market goods
	Freedom Hotel	Swimming, GHC 35 per person
Ho Teaching Hospital	(Trafalgar Hospital)	
ON THE ROAD	Shops at Wli Waterfall	Souvenirs, clothing, drums, curiosities, art
	Shops at Cape Coast Castle	Souvenirs, clothing, drums, curiosities, art. Accepts credit cards
	Gift shops at Elmina Castle	Souvenirs, clothing, drums, curiosities, art
	Nkrumah's Tomb Gift Shop	Souvenirs, clothing, drums, curiosities, art
	National Museum of Ghana	Art and souvenirs. Accepts credit cards
	Krobo Bead Outlet	Traditional powdered glass Krobo beads
	Peki Drum Makers	Drums, local musical instruments
	Kpetoe Kente weavers	Handmade, loom woven Kente fabrics

2024 First-Day Orientation

GENERAL INFORMATION

Safe drinking water

- Program fee covers drinking water,
- drink only bottled water from trusted sources,
- hot water for coffee and tea at the restaurant is safe to drink,
- keep mouth closed while showering.
- Brush teeth with bottled water.
- Use peroxide as needed.
- Empty water bottles are reused.

Hand Sanitizer is your best friend

Safe food options (avoid street food)

Breakfast and dinner in Kekeli Restaurant

Lunch – informal, please clean up after yourself

Safe walking (watch for deep ditches on sides of roads) Use a flashlight at night

Daily malaria pills

Bug spray (daily use, best applied outside room)

US/ Ghana economic power differential. Make no promises or commitments you can't backup

HOTEL INFORMATION

Turn in Key at front desk when leaving room

Turn on/ turn off water heater

Turn off AC when not in room

What to do when water pressure is low

Cleaning schedule

Laundry services

Avoid keeping unsealed food in room (double Ziplock or keep in fridge)

HOTEL ORIENTATION

Meet the staff – get to know folks

RESTAURANT ORIENTATION

Meet the staff – get to know folks

Family style meals at reserved tables, Choosing menu

SCHEDULE ORIENTATION

ON-SITE MEDICAL CLINIC

Competent physician and nurse, quality care, inexpensive

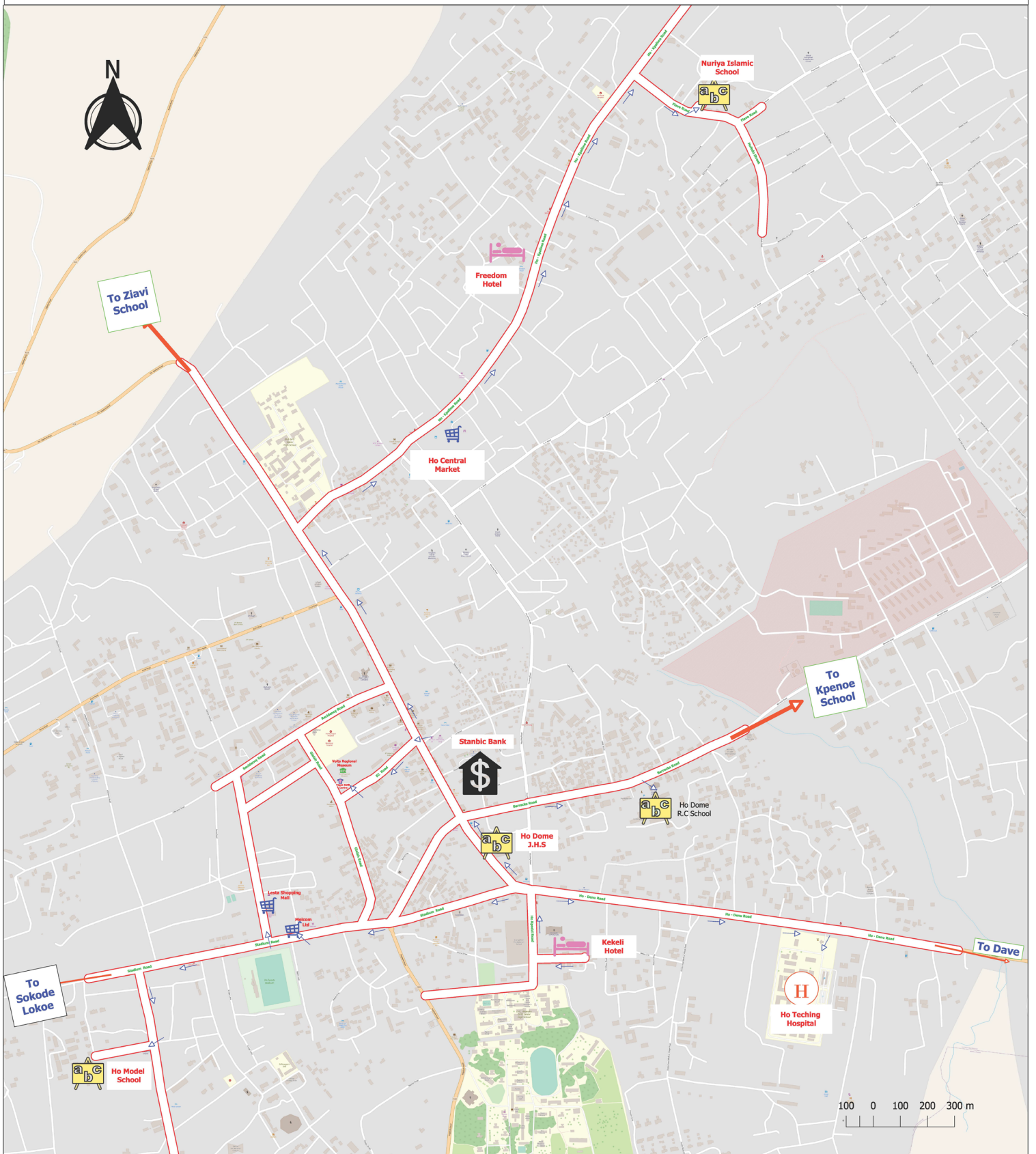
GETTING AROUND TOWN

Taxi service – GHC 3, one-way, per person, for in-town travel (be sure to tip). GHC 6 to Kpenoe and Ziavi










Names and numbers of Taxi drivers available to the 2024 GBS Team:

Damali Saviour	+233 54 578 9505
Efo Agbey	+233 54 866 4671
Emmanuel Darku	+233 53 011 2057

The US country code prefix for our phones is 01 or +1 and for Ghana +233.



KEY

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|--|------------------|---|--------|---|--------|---|-------|
|  | Bank |  | Hotel |  | Museum |  | Batik |
|  | Hospital |  | Market |  | School |  | road |
|  | Directional Sign | | | | | | |